



The Gateway Experience®

Wave I

Discovery

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Wave I—Discovery

Voiced by Robert A. Monroe

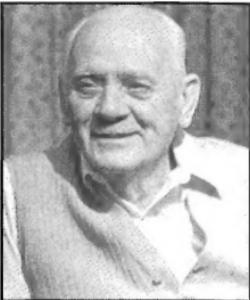


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Comments from Bob Monroe regarding the *Gateway Experience*®

What can you expect from the *Gateway Experience*? As much or as little as you put into it. The exercises provide you with a set of tools—how you use them and what you do with them is your responsibility. Some discover themselves for the first time, and thus live more completely, more constructively. Others reach levels of awareness so profound that only one such experience is enough for a lifetime. Still others become seekers after truth and add ongoing adventure to their daily activity.

There is only one basis—that you seriously consider the Gateway Affirmation at the least a possibility: that you are more than your physical body, that you can and do exist in energy systems that are not limited to time-space, that you can and do communicate with intelligence beyond your physical consciousness—call it what you will.



The Gateway Affirmation

I am more than my physical body. Because I am more than physical matter, I deeply desire to Expand, to Experience; to Know, to Understand; to Control, to Use such greater energies and energy systems as may be beneficial and constructive to me and to those near and close to me. Also, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development, and experience are equal or greater than my own.

What Is Hemi-Sync®?

Hemi-Sync® is a patented, scientifically and clinically proven audio-guidance technology refined with over 40 years of research. Researchers learned that specific sound patterns could lead the brain to various states of consciousness ranging from deep relaxation or sleep to expanded awareness and other "extraordinary" states.

The audio-guidance process works by sending different sounds (tones) to each ear with stereo headphones. The two hemispheres of the brain then act *in unison* to "hear" a third signal—the difference between the two tones. This is not an actual sound, but an electrical signal that can only be perceived within the brain by *both*

brain hemispheres working together. The result is a focused, whole-brain state known as hemispheric synchronization, or "Hemi-Sync®." Different Hemi-Sync® signals are used to facilitate deep relaxation, focused attention, or other desired states.

Music, verbal guidance, or subtle sound effects are combined with Hemi-Sync® signals to strengthen their effectiveness. These recordings contain no subliminal messages. You are always in control.

Cautions and Warnings: Please Read

The **Gateway Experience** is a system of training in self-exploration and personal development. It is not a form of psychotherapy, philosophy, religion, or medical diagnosis/treatment. It is a means to acquire knowledge—the application and results thereof are solely the responsibility of the trainee.

While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment. **DO NOT** listen to Hemi-Sync® while driving or operating heavy equipment, or with other devices that may influence brain-wave activity. If you have a tendency towards seizures, auditory disorders, or adverse mental condition(s), **DO NOT** listen to Hemi-Sync® without first consulting your physician. In the unlikely event that you experience any unusual physical or mental discomfort,

immediately discontinue use. **DO NOT** reproduce Hemi-Sync® products or use with Dolby® or other noise-reduction systems. Doing so will diminish the effectiveness of the Hemi-Sync® signals.

ALL WARRANTIES WHETHER EXPRESS OR IMPLIED, INCLUDING WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE DISCLAIMED.

The Gateway Experience

Recommendations for Use

The **Gateway Experience** is an in-home training program for developing, exploring and applying expanded states of awareness. Exercises in this series use specially blended Hemi-Sync® frequencies combined with verbal guidance and subtle sound effects (or music) to guide you into focused, whole-brain states of consciousness. You will be gently led from your physical waking state into deep relaxation then to those thresholds of consciousness where you may experience *profound states of expanded awareness*. While in such states, one has a broader range of perceptions available with which to solve problems, develop creativity or obtain guidance. You may use this expansion and integration of personal awareness to know and better understand your *total self* so you might enjoy a more fulfilling life.

Each album (Wave) in the ***Gateway Experience*** is progressive in nature, building directly on the tools and techniques from the previous album. Therefore, the albums must be used sequentially. Following are recommendations for listening to these exercises:

- Locate a distraction-free environment where you can darken the room and remain undisturbed for the 30- to 45-minute exercises.
- Listen using stereo headphones on a personal or home stereo system.
- Adjust the volume to a level where you can barely hear the words. Otherwise, the verbal guidance may startle you following a period of silence.
- Allow at least one hour after eating and avoid alcohol, drugs, or excessive caffeine, which may limit the effectiveness of the Hemi-Sync® exercises.
- Get comfortable. Use the bathroom before each exercise even if it seems unnecessary. Loosen any tight clothing and remove shoes, glasses, or contacts. Listen while lying down or seated with your head supported, whichever is more comfortable for you.
- If you itch during an exercise, scratch. You will be able to move gently back into your pattern of relaxation.
- There can be a metabolic drop as you enter an exercise, producing a perception of heat, motion, or pressure. Have a loose blanket handy, ready to pull up or throw off as needed.

- Keep a journal to document the details of your experiences, such as date/time, body position, medication or unusual diet, mood/attitude, energy level, moon phase, or any other unusual circumstance.

Wave I Exercises

Discovery #1— Orientation

Energy Conversion Box becomes your mental container to hold concerns, distractions, or interferences for the duration of the exercise. See it, feel it, hear it, think it, or simply imagine it. Your container may be simple or ornate, high-tech or antique, a wooden chest, a sphere of light, a vacuum cleaner or a nuclear particle collector.

Imagine concrete symbols to place in the box, such as a wallet for financial worries, a photo or doll representing someone who is on your mind. You can place limiting words like “can’t,” “shouldn’t,” or “must” in your container; brick walls to symbolize your defenses; a desk or computer to symbolize work. Experiment. It’s a tool for your use. Allow it to change and return to it whenever you wish during an exercise to place inside any new distraction.

Affirmation focuses your intention and attention. You may use the words as spoken in the exercise, modify them to maximize personal relevance and significance, or substitute your own version.

Experiment. Make it yours.

Resonant Tuning accelerates the gathering of your vibrational energy while reducing internal dialogue. It helps vitalize and charge your entire system and loosens blockages in natural energy channels. Notice any physical manifestations as you vocalize aloud. The sounds on the exercise are only a guide. Set your own rhythm and pace, move up and down the scale, experiment with different vowel sounds.

Breathe only slightly deeper than you normally would and, as you inhale, imagine pulling sparkling, vibrant energy into all parts of your body. Allow it to move gently around in your head as you hold your breath. Try releasing tired, stale energy through the soles of your feet with each exhalation.

The opening and closing of your eyes may at first feel awkward, but try doing it anyway. It's a valuable first step in your learning that you are able to control autonomic processes and habitual behavior.

You can return at any time to full waking consciousness by simply breathing normally, opening your eyes, or moving the fingers of your right hand.

Focus™ 3 is the first signpost along your journey, a Hemi-Sync® state where your brain and mind are more coherent, synchronized and balanced.

Return to Full Waking Consciousness (C-1) at the end of this and every exercise is facilitated by a strong audio signal. Despite the temptation to take off your headphones early, listen to this signal until it is withdrawn. The more completely you come "back" from each exercise, the further you can go into the next.

Discovery #2 — Introduction to Focus 10

Focus 10 is a level in which your mind remains awake and alert while your body sleeps calmly and comfortably. Follow the instructions, focusing upon and then totally releasing each body part. Your body knows how to do this and to "look with your closed eyes" as you move towards profound relaxation.

One of the paradoxes of "mind awake, body asleep" is the possibility of heightened sensitivity: awareness that the pores of your skin breathe, hearing the swish of blood flow behind your ears, feeling your heart beat. Spontaneous remote sensing is also possible: hearing sounds you would swear you are hearing this time but not the last time, or perceiving faraway, delicate odors. Place all expectations in your box, relax, and simply go with whatever you are experiencing.

Health Affirmation at the end of each exercise helps you balance physical and nonphysical energies. Know that it is working for you without effort on your part.

Discovery #3 — Advanced Focus 10

Resonant Energy Balloon (REBAL) is a valuable tool to create a high energy state within and around you. Your REBAL acts as a magnet, attracting influences you desire and shielding you from undesired energy. The more you build your REBAL, the better you sustain higher energy levels. Your REBAL may spontaneously change form, develop a delicate membrane, or become radiant like an intensified aura. Although you may not always perceive your REBAL, play with sensing it through feelings, and/or storing the energy as in a charged battery.

You can turn it on and use it while in C-1 or in any other state much as you would turn on a light. Use one resonant energy breath as the switch. Inhale vibrant energy and, as you hold it, think of a bright moving circle with the number 10 inside it. Let the circle surround you as you exhale. Experiment with “popping” your REBAL while in a group of people and see if its resonance attracts people who are in harmony with it. Try extending it around your car to note if you negotiate traffic or find parking more easily.

Discovery #4— Release and Recharge

Release and Recharge teaches you a method you can use daily, with or without the tape, to release and convert self-imposed emotions. Learned fear can be a useful warning signal, but you no longer need it after you acknowledge the warning. In Focus 10 you can calmly identify and gently release fears, blocks, limits—any interferences to your growth—and replace blocked energy with the pure energy that existed before the limits were imposed.

For purposes of this exercise, “fear” denotes the primary emotional charge connected to the self-imposed limit, and “emotion” denotes related feelings. Trust that your larger self knows what you are ready to uncover; simply follow the instructions and see what comes up for you. If nothing comes, bubble “nothing” away and accept that the process may be working on deeper levels of consciousness.

When you are directed to perceive “the memory, the event,” you may connect with a specific occasion or with a memory of your prior, unlimited experience. Always pull in clean energy as a final step.

Here’s an example of how energy conversion works: You may perceive a fear of speaking up in groups. Once you have bubbled that away, you perceive the emotion of embarrassment associated with

that fear. After releasing both, you reconnect with the joy and gratification you felt as a small child when sharing your experiences with other people. You then reclaim your pleasure in communicating and sharing yourself with others.

Once you are comfortable with the exercise as described, you can experiment with deliberately depositing and then retrieving from your Box a symbol for anything you believe may be interfering with your progress. Follow all the other instructions; the only difference is that you predetermine what to work with. For example, if you suspect that unconscious fear of separating from the physical body is blocking your progress, place a symbol for this fear (a magic carpet anchored to the ground?) into the Box and follow the instructions to release it.

This exercise is not a quick fix or one-shot panacea. Most self imposed limits have many layers and will require repeated efforts. But if you truly desire to transcend your limitations, it can greatly facilitate your progress. Take heart from the many people who report it to be among the most valuable exercises of the entire series. Many use it daily to clear out current frustrations or disappointments.

Discovery #5—Exploration, Sleep

Exploration, Sleep is based on the concept that sleep is a natural Gateway into other states of consciousness. It may be that, whether or not we remember, our nonphysical consciousness passes through this Gateway every night. The exercise helps you recall this common, natural process in C-1 when you awake.

It is important not to hold expectations. Let them go. Relax. Approach the exercise with a playful sense of curiosity and interest. Just as you opened to the wonders of the physical world when you were very young, be open now in the same way to nonphysical experience. You may choose to add to the Affirmation a statement such as, “I am wholly without expectations, and open to all experience that awaits me.” During this exercise, questions such as, “Am I starting to separate?” or “Is this what I’m supposed to be feeling?” interfere with the process. There’s plenty of time to assess your experiences after the exercise. Simply go with whatever happens and remember that you may perceive in many different ways

The Hemi-Sync® signals fade at the end of the exercise, leaving you in natural sleep.

Discovery #6—Free Flow 10

Free Flow 10 is an opportunity to pursue your own purpose with all the tools learned so far. Up to this point, you have been creating your own experiences under the guidance of the instructions on the exercise. Now you are your own guide. Seek only what you really want to know, and be responsible for the knowing. Whatever you receive becomes a part of you. Your beliefs, energy, and attitude influence the intensity and the extent of your free flow exploration. A sense of gratitude enhances communication and union with sources outside your conscious boundaries.

If you have a particular purpose, write it down beforehand in a succinct, straightforward manner; hold it in your mind as you begin, but remain open to whatever you experience. Expectations of when and how guidance should come may block the very knowledge you seek. You need not know the way to guidance. Choose only to be guided. You may or may not “see” or “hear.” Tingles or twitches and intuitive cues can be equally enlightening. One Gateway experiencer felt nothing but a cramp in the leg. The valuable insight that the object of attention was “cramping her style” came only later.

Use repetitions of this exercise to “play” with a particular tool: your Affirmation, Box, REBAL, etc. Each time you work with the

exercise, explore from a fresh perspective. Don’t expect your experience to resemble anyone else’s. Value your uniqueness. It’s alright to re-examine a previous experience, but do so with openness rather than trying to recreate an identical situation.

In summary, enter the free flow with awareness, serenity, openness, and enjoy!

Looking Ahead

Discovery is only the first step of your ongoing adventure with personal growth. Just as each *Discovery* exercise builds upon what you have already learned, the entire ***Gateway Experience*** course builds upon itself. As you proceed through the rest of the course, feel free to repeat any earlier exercise when you feel moved to do so. The results are cumulative. Your continuing explorations can catapult you into higher levels of awareness.

Wave II—Threshold is awaiting you with six sequential exercises, each taking you to new, exciting destinations along your journey of self-development. You’ll learn powerful tools for controlling your nonphysical energy, and you’ll use the high energy state of Focus 12 to make important differences in your life.

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Frequently Asked Questions

Gateway Experience participants have routinely asked certain questions over the years. We have included this "Question & Answer" section to supplement and reinforce your Manual instructions.

Q: *What should I do if I do not feel quite awake and alert following an exercise?*

A: There are several methods you can use to become more grounded. Try one or more of the following: Slowly count from 10 to 1; drink cool water; take a cold shower or splash cold water on your face, neck and wrists. Weather permitting, you may want to walk barefoot outdoors, taking deep breaths while releasing excess energy through your feet; place your back against a tree and imagine energy flowing from the top of your head to the branches

above, and from your feet to the tree's roots and down into the center of the earth.

Q: *What if I tend to fall asleep during an exercise?*

A: Don't be discouraged. You are learning to maintain a balance between deep relaxation and sleep. If you fall asleep your subconscious will still experience and benefit from the exercise, but the following are some suggestions: Make sure you are rested before doing the exercises (you may need to change the time of day you work with the program). Splash water on your face and neck prior to the exercise. Put a symbol for sleep in your Energy Conversion Box. If these suggestions do not help, you may wish to try listening to the exercises while in a seated position rather than while lying down. *Note: You may be "clicking-out." This is different from sleep. If you are clicking-out, you will have the sense that no time has passed when you return to conscious awareness. Once again, the memory of your experience will be stored even though you have no recall. Clicking-out is a common experience that diminishes as you progress.*

Q: *What if I'm not able or willing to do Resonant Tuning out loud?*

A: It is important for you to participate in Resonant Tuning. Doing so will help you perceive your nonphysical energy so you may learn to control and use it. Resonant Tuning promotes an acceler-

ated gathering of your vibrational energy while reducing internal dialogue. Your discomfort about vocalizing with the exercise will eventually wane.

Q: *What if I can't remain on my back without getting restless?*

A: You may wish to use ear buds so you can listen on your side or stomach. Alternatively, try propping yourself up with pillows or sitting in a comfortable chair.

Q: *What if I can't visualize my REBAL?*

A: Visualizing is only one way of perceiving. Some people are better able to "feel" their REBAL by simply thinking of themselves surrounded by and filled with tingling bursts of energy. Others might "hear" the crackle of energy or know intuitively that their REBAL is in place. Frequent practice in "popping" your REBAL strengthens your ability to do so in whatever way is most effective for you.

Q: *I am aware of a buzzing or pressure in my forehead and/or an acceleration of my heartbeat. Is this normal?*

A: These phenomena are common for some people in response to the Hemi-Sync® process. Remember, you are expanding your awareness. You may, therefore, become more conscious of your heartbeat, breathing, or other physical sensations. Many people find such enhanced awareness a comforting link to physical reali-

ty that allows them to move more confidently into other states of consciousness. If you continue to feel distracted, put your distractions into your Box. If you experience any discomfort, verify that you have the volume just loud enough for you to hear the verbal instructions.

Q: *How do I know if I'm in a particular Focus level or experiencing what the exercise intends?*

A: Suspend your expectations about Focus levels and trust that your experiences in a given exercise are exactly as they should be at the time. Everyone perceives the various Focus levels in their own way. Similarly, no two individuals' experiences are alike. Simply pay attention to subtle changes or feelings of movement within your body and allow your experiences to unfold. Your experiences may range from cosmic in nature to the mundane. Accept what comes to you, without judgment, and continue to practice with the assurance that all of your experiences are valuable. If the instructions described what your experience should be, you might discount an experience because it was not mentioned even though it was a meaningful event for you.

Q: *Will Hemi-Sync® become a crutch?*

A: No, absolutely not. Hemi-Sync® exercises are like training wheels on a bicycle: wonderful for practice, but unnecessary as you learn to ride far and free. In a way similar to biofeedback, you can

benefit from Hemi-Sync® when not listening to an exercise. You can learn to trigger a change in consciousness and obtain a desired state by taking a deep breath and remembering the sensations you had during an exercise. The more you practice this technique, the easier and more effective it will become.

Q: *What should I do if the feeling of "heightened energy" makes me uncomfortable?*

A: Your goal during these exercises is to perceive your nonphysical energy so you can learn to control and use it. You might practice working with your nonphysical energy from an objective "experimental" frame of mind to ease your discomfort. Speed it up. Slow it down. You are in control.

Q: *What if I can't have an out-of-body experience?*

A: Don't despair. Please know that not everyone will have a conscious out-of-body experience. It takes a lot of practice for most, and many of us have hidden fears that hold us back. Also, if you try too hard for an OBE, the intense effort can become the very distraction that holds you back. Be nonchalant about OBEs. They are just a small part of our programs for self-exploration and personal growth.

Q: *When I am out of my body, can I help someone else have an OBE?*

A: Participants have reported developing the ability to do this. Experiment. You and another person might try patterning for synchronicity in your OBEs.

Q: *What does a nonphysical body look like?*

A: The nonphysical body may be perceived as a ball of energy, a misty form, or a human shape. Typically, it will appear as something you are comfortable with.

Q: *How can I control an OBE?*

A: If you set a goal before you begin, you won't need to decide what to do once you are out. If an OBE happens spontaneously, remember that thoughts are actions in the nonphysical state. Experiment with thinking of someone and contacting his/her energy, rather than arriving at a geographic destination. Any time you wish to return, think of rejoining your body and/or move a finger or toe.

Q: *Is God appearing when I "see" a flood of light during an exercise?*

A: The perception of light suggests that your potential for nonphysical awareness is developing. Such light is widely reported by explorers of higher consciousness and people who have had near-death experiences. The light is often accompanied by feelings of

euphoria, a oneness with the Universe or a sense of overwhelming love. A Buddhist might associate this experience with Buddha; a Moslem, Allah or Mohammed; a Christian, Christ. We do not endorse any particular interpretation or meaning; rather we encourage you to find your own.

Q: *How many times should I do an exercise before going on to the next?*

A: This varies from person to person. You should become familiar and comfortable with an exercise and allow your intuition to guide you as to when to move on. It isn't necessary to "master" an exercise before progressing and you can always return for more practice.

Q: *Would it be beneficial to combine mind-altering drugs with Hemi-Sync®?*

A: No. Hemi-Sync® exercises are designed so you may learn to control your states of consciousness. Drugs would simply interfere with that control. Also, your rational ability to interpret and comprehend your experiences would be compromised by the use of mind-altering substances.

Q: *Would the Gateway Experience and the Hemi-Sync® process be beneficial for individuals who practice various meditative techniques?*

A: Yes, absolutely. Many long-term meditators have indicated that Hemi-Sync® facilitates the ease with which they may obtain

a deep meditative state and their ability to sustain that state. In addition, the **Gateway Experience** is widely considered the pre-eminent in-home program for developing, exploring and applying expanded states of awareness. Everyone can benefit from the tools and guidelines provided.

Q: *The Gateway Experience changed my life. How can I convince a skeptic that the program is worth trying?*

A: Without interest and desire, the discipline that leads to success with any personal development program would be lacking. The GE training series can supply the tools and guidelines but participants must have an openness and willingness to explore in order to succeed. We suggest you allow your own personal growth to inspire others while realizing that not everyone will be interested in exploring expanded states of awareness. That said, many of our most enthusiastic GE participants were at one time skeptics. You may wish to introduce others to the Hemi-Sync® process with a more "mainstream" exercise such as *Catnapper* or *Concentration*.

Q: *Can my children listen to the Gateway Experience?*

A: That depends on the maturity of the child. Many parents have reported good results using the **Gateway Experience** with children. Use your own discretion for children who are 10 years or older. We encourage parents to work with their children and to monitor their progress.

Q: What is the hissing or swishing sound I hear when listening to Hemi-Sync® exercises?

A: The sound you are hearing is intentional. It is referred to as "pink noise" or "pink sound." Technically, it is a random distribution of all the frequencies the human ear can hear and is provided as a bed for the Hemi-Sync® signals. Do not use Dolby® or other noise-reduction systems as this would interfere with the effectiveness of the Hemi-Sync® process.

Q: Is a "clicking" sound normal?

A: No. If you hear sounds other than the hissing or swishing sounds described above, first check your equipment to see if it needs cleaning or repair. If you determine the Hemi-Sync® tape or CD is defective, return it to us for a free replacement.

Q: What is the difference between Hemi-Sync® and hypnosis?

A: Hypnosis is commonly regarded as a process of being led into a state of high suggestibility and a relinquishing of control to the hypnotist. With Hemi-Sync®, you consciously control and direct your own state of awareness. In this regard, Hemi-Sync® has more in common with self-hypnosis. However, the Hemi-Sync® process allows you to achieve the desired state more quickly and reliably.

Q: Do Hemi-Sync® exercises contain subliminal messages?

A: No. Hemi-Sync® recordings contain no subliminal messages. Occasionally, you will hear a verbal message at a very low volume during a "sleep" period so as not to startle you. This, however, is simply a repetition of previously heard information.

Q: Is it important to have the headphones on the correct ear, as instructed on some of the exercises?

A: No. If you are using stereo equipment, the intended effect will be achieved.

Q: How does The Monroe Institute®'s residential program, the Gateway Voyage®, differ from the **Gateway Experience** In-Home Training Series?

A: Many of the exercises are the same. With the home program, you proceed at your own pace repeating exercises as often as you wish. The residential programs offer skilled trainers and special facilities to support your learning experience along with the opportunity to interact with other participants who have similar interests. Many who begin with the home course are inspired to attend a residential program. In addition, although it is not a prerequisite, many who plan to attend a residential program choose to work first with the home course to enhance their experiences. If you have an interest in learning more about the residential programs, you may do so by visiting the Institute's Web-

site: www.monroeinstitute.org or by calling the Program Registrar at 434-361-1252 or 866-881-3440 (toll free).

Q: *Can I visit The Monroe Institute?*

A: While we enjoy meeting our many friends, there would not be a lot for you to see. Our administrative building is simply a very busy office. The Residential Training Center, research laboratory, sound studio and Conference Center are not open to the public while programs are in progress.

Q: *Who can I talk with about my Gateway experiences?*

A: Please feel free to contact us with questions about the **Gateway Experience** or if you would like to share your experiences. To communicate with others who are working with these exercises you may request a Release Form for the names of such people.

Contact information:

The **Gateway Experience** Coordinator
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*Many **Gateway Experience** enthusiasts become inspired to attend the residential programs made available by The Monroe Institute. If you have an interest in learning more about these programs, you may do so by visiting the Institute's Web site at: www.monroeinstitute.org or by calling the Program Registrar at 434-361-1252 or 866-881-3440 (toll-free).*

Recommended reading:

Journeys Out Of The Body by Robert A. Monroe (Doubleday, 1971)

The undisputed classic on out-of-body experiences.

Unpredictably, and without willing it, Monroe, a pragmatic Virginia businessman, found himself leaving his physical body to travel via a "second body" to locales far removed from the physical and spiritual realities of his life. He was exploring a place unbounded by time or death.

Far Journeys by Robert A. Monroe (Doubleday, 1985)

This mesmerizing odyssey, written after a decade of intensive research, takes you even farther beyond the known dimensions of the physical universe. With great insight and wit, Monroe offers new awareness into the untapped resources and limitless possibilities of the human mind.

Ultimate Journey by Robert A. Monroe (Doubleday, 1994)

In a long-awaited sequel, Monroe explores the incredibly rewarding opportunities that lie beyond the limits of the physical world. He charts the route that opens to us when we leave our physical lives and takes the reader with him on an exhilarating journey that expands the limits of human experience.